



SEPTEMBER FITNESS CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Small Group Cycle & Strength w/ Kristen *		Sports HIIT Connor			
7:00 AM		Total Body Blitz Steve	Waterside Walk Wendy	Total Body Blitz Steve			
8:00 AM	Anusara Yoga Rita	Vinyasa Yoga Rebecca	Yoga Sally	Yoga Jennifer	Yoga Jennifer	Waterside Walk Wendy	
9:00 AM	HIIT Brice	Tai Chi Brian - Esplande	HIIT Abby	Tai Chi Brian - Esplande	HIIT Brice	Yoga & Meditation Wendy	Slow Flow Yoga Lisa
10:00 AM	TRX ** Jessica	HIIT Mimi	TRX ** Jessica	Zumba Lori	Mini Band Blast Kitty	Zumba Chrisie	
11:00 AM	Strength Training Jerry	Strength Training Kitty	Strength Training Jerry	Strength Training Kitty	Strength Training Jerry		
5:30 PM			Pilates Rebecca				
6:30 PM		Yoga Danielle		Yoga Danielle			

*Registration required

**Limited spaces available



CLASS DESCRIPTIONS

Anusara Yoga	An alignment-based yoga class that includes a sequence of sun salutations, standing, balance, seated and supine poses, with focus to strengthening actions for hips, shoulders, and back.
Core & More	This class uses weights and floor work to sculpt abdominals while also targeting major muscle groups to build a lean physique.
HIIT	High Intensity Interval Training is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.
Kidding Around Yoga	Meditation. Mindfulness. Relaxation. Balance. Stress Management. All in a fun yoga format designed especially for kids ages 5+.
Mini Band Blast	Strengthen and tone with small, loop style resistance bands and moves to sculpt thighs, arms, and abs.
Pilates	A low-impact yet intense physical conditioning class that enhances strength, endurance, and flexibility. Emphasis on postural alignment, core strength and a balanced body.
Slow Flow Yoga	A slower-paced yoga class that focuses on mindful movement and breathing. Leave with a renewed spirit and a relaxed body.
Small Group Training	This class combines traditional cycling with strength training. It is limited to 4 participants. You must register on the Vinoy Club website or the health club front desk.
Sports HIIT	Sports specific strength training geared towards golfers. This class will introduce rotational movements to increase your daily functionality. Working with strength exercises, increasing full range of motion and moving properly; you will get everything you need out of this workout to be better in life and in your sport!
Strength Training	This total body functional strength training class increases muscle mass, improves core strength, enhances balance and elevates your overall wellness... all while having a great time! The use of compound movements with dumbbells will definitely provide a challenge for all fitness levels.
Tai Chi	An ancient martial art that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai Chi improves balance, strength, flexibility, and the mind-body connection.
Total Body Blitz	A fun and challenging class hitting your body from all angles. A fusion of movement patterns from kickboxing, mixed martial arts, sports performance, and yoga to get your heart pumping and body rocking! Finish strong with ab work finishers. Get ready to sweat!
Try It Workshops	Each Tuesday brings a new topic. Learn from various instructors about different health and wellness topics. See this month's flyer for more information.
TRX	Using the TRX suspension system and body weight exercises, you will challenge your body with a workout designed to torch calories, build strength, and improve heart health.
Vinyasa Yoga	Link breath with movement as you flow through variations of traditional sun salutations. This style of yoga enhances cardiovascular benefits. Creative transitions challenge balance and heighten the mind-body connection. Periods of holding challenge poses increase strength, tone muscles, and improve flexibility.
Waterside Walk	Walking is one of the best ways to burn calories. Head and outside and explore beautiful St. Petersburg with our walking club. Meet in the group exercise room, and let Wendy set the pace while you walk with old friends or make some new ones.
Yoga for All Levels	Have you wanted to try yoga, but uncertain of how to start? These 4 weeks will give you a foundation to begin your practice in a safe way. Even experienced practitioners will gain valuable insight and relaxation from this class.
Yoga & Meditation	A class that renews both body and mind. 40 minutes of yoga poses followed by 10 minutes of guided meditation to leave you completely recharged.
Zumba	Take the "work" out of workout! This class mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness PARTY set to Latin and international rhythms.